



Cheerleading: Technique - Training - Show (2nd)

By Miriam Lopez Hernandez de Alba

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Cheerleading: Technique - Training - Show (2nd), Miriam Lopez Hernandez de Alba, This book presents the basics of learning for potential cheerleaders and the basics of teaching for coaches and teachers. Cheerleading is not just dance, acrobatics, speechsong and spectacle; it is above all a team sport requiring a lot of hard work. But anyone who has been touched by the spirit finds it hard to give it up. This book explains what it's all about. Starting with warm-up and stretching, then moving onto jumps, cheers and chants and finally dance, this book contains all the information you need to set up a successful team. It is suitable for experienced cheerleaders and coaches, not just for beginners. Teachers who would like to offer this sport will also find the necessary know-how in this book.



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